

Grief Recovery Method

Is your heart broken? Lost? Stuck? Have you experienced:

- Death
- Divorce
- Job Loss
- Pet Loss
- Moving
- Any Other Loss

Through the Grief Recovery Method, learn the actions for moving beyond loss.

Background

Grief is emotional, not logical. Grief can be caused by over 40 different losses a person might experience. Regardless of the cause, you know how you feel and it probably isn't good. Whatever your type of loss, the Grief Recovery Method® Support Group makes it possible to heal, providing partnership and guidance every step of the way.

Grief Support Groups

Our Grief Recovery Support groups offer a safe, evidence-based environment for grievers to take effective and lasting action, no matter the type of loss experienced. These groups are led by a Grief Recovery Method Specialist trained and certified by the Grief Recovery Institute.



Grief Recovery Method Specialist



It's a profound insight that many people carry emotional baggage and unresolved issues that can weigh them down, preventing them from fully embracing the present moment. It's important to acknowledge and address these burdens to live a more fulfilling life. Taking a class and learning new mindsets, tools, and skills can be a transformative step toward personal growth. The Grief Recovery Method can help individuals cope with loss and heal emotionally. Setting boundaries is crucial for maintaining healthy relationships and self-care. Guided personal discovery after a loss can be a powerful journey of self-reflection and healing, allowing individuals to move forward with a clearer sense of self and purpose. Ultimately, letting go of unnecessary emotional baggage and focusing on personal growth can lead to a more meaningful and present life. I provide Grief Recovery Method for Mahoning, Trumbull, and Columbiana counties. I am a Registered Nurse with the local health department.

Learn More or Join a Group



Public Health
Prevent. Promote. Protect.

Youngstown City Health District



Grief Recovery

Supporting the Community

Without judgement, criticism, or comparing losses



The Grief Recovery Method®
by The Grief Recovery Institute®

Grief Support Group



Grief is the normal and natural emotional response to loss, but most of the information we've learned about dealing with loss is intellectual. Although our Grief Support Groups involve some educational elements, effective Grief Recovery must deal with your broken heart, which requires emotional support instead of intellectual explanations.

We aren't going to tell you, "we know how you feel," because we don't. Neither does anyone else. What we will do is provide a safe environment where you'll be given specific tools to help you recover from loss and ultimately lead a happier life.

The Grief Support Group uses The Grief Recovery Handbook as the textbook as your group works through the process step by step.

The Grief Recovery Support Group meets for 8 weekly sessions.



Another option is one-on-one grief support. It meets for 7 weeks and is subject to Grief Recovery Specialist availability.

Helping Children with Loss



As parents, or those entrusted with children in our lives, we want to help our children in every way we can, especially when they are experiencing painful events.

This program for adults will teach you how to communicate with children in your care about losses they have experienced and those they might yet face. Losses may include death, divorce, pet loss, moving, and other losses.

Helping Children with Loss is

for adults such as:

- Parents
- Caregivers
- Teachers
- Counselors
- Coaches
- Youth pastors
- Daycare providers
- Juvenile justice staff
- Others who work with youth

Lead by a certified Grief Recovery Specialist this program uses When Children Grieve as the textbook as you work through the process step by step.

Helping Children with Loss meets for 4 weekly sessions.

Pet Loss



The loss of a pet can be emotionally devastating. Sadly, the impact of the heartache of this type of loss is often downplayed or ignored by friends and family.

Our Grief Recovery Support groups for pet loss will take you through a number of steps. These steps will help you fully discover and address those things you wish had been different, better, or more in relationship with your pet.

Lead by a certified Grief Recovery Specialist, this program uses The Grief Recovery Handbook for Pet Loss as the textbook to help guide you through the process step by step. Grief recovery method groups for pet loss meets for 6 weekly sessions.

